

Title: Prevalence of neck pain and associated risk factors among the private sector office employees in Bangladesh

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Abstract: Background: Globally, most people face several musculoskeletal problems, especially neck pain. Activities, work styles, and living standards of office employees in Bangladesh vary from place to place. Hence, our aim is to investigate the prevalence of neck pain and related risk factors in Bangladeshi private sector employees.

Methodology: A sample was selected to assess neck pain prevalence and related risk factors among 384 private sector employees aged 21–60 years in Bangladesh. Regression analysis was performed on their socio-economic, neck pain, and associated risk factors information through interviews with questionnaires.

Results: Data analysis shows that office employees have a relatively higher prevalence rate of cervical pain and it is 34.7%. In this study, we found the results of a logistic regression model to predict factors associated with neck pain. The results of this study indicated that individuals aged 40 years and above, with an OR of 6.148 ($P = 0.046$) and neck holding the forward bent posture for a prolonged time, were slightly significant to have neck pain ($P < 0.001$).

Conclusions: The neck pain prevalence was high among private sector office workers in Bangladesh and some associated neck pain factors were found in this study. The results of our investigation indicated that individuals with higher age, and neck holding position were slightly significant to have neck pain. These research findings also suggest scope for work strategies that can promote a positive work environment, such as short breaks at work and an ergonomic setting.

Key words: Neck pain, Musculoskeletal disorders, Private sector employees, Bangladesh, Prevalence, Risk factors, Logistic regression, Ergonomics

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